

Making Every Bite Count



Activity 1: Match the activity to the guideline.

Group Name: _____

Activity	Guideline
1. At Burger King last night, Tom selected a BK Broiler rather than the Bacon Double Cheeseburger.	
2. While preparing chicken soup, Doreen used a combination of herbs rather than the canned broth she usually uses.	
3. For breakfast Jim had whole grain toast with a banana.	
4. Rita's young children asked for soda and a candy bar for their afternoon snack, but they were excited when Rita served them a fresh peach crumble she had prepared while they were at school.	
5. Jill walks 30 minutes each day after school	
6. When preparing pancakes for breakfast, Jane used canola oil rather than the bacon fat called for in the recipe.	
7. Yesterday, Lois included a banana and orange in her breakfast. For lunch she had a salad and a roll and for dinner she had pasta primavera, a salad and fruit cup for dessert.	
8. When preparing chicken for dinner, Annemarie used a thermometer to be sure the chicken was cooked to 165°.	
9. While at the football game, Marc had one beer while some of his friends had four.	
10. At dinner at Isabella's Restaurant, Miriam and George shared a pasta entrée.	

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Activity 2: Making Wise Choices.

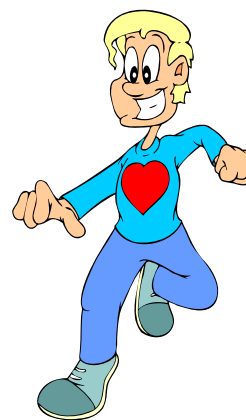
Group Name: _____

Which choice is healthier?	
1. Multi-Bran Chex or Coco Puffs Cereal?	
2. White rice, baked potato or French fries?	
3. Caesar or tossed green salad?	
4. Baked chicken or broiled?	
5. Butter, margarine or olive oil?	
6. Fresh, frozen or canned peas?	
7. Prime rib or flank steak?	
8. White rice, fried rice or brown rice?	
9. Birds Eye Mandarin Style Vegetables or frozen mixed vegetables?	
10. Eggs Benedict or poached egg on an English Muffin?	
11. Chicken breast or chicken thigh?	
12. Lowfat coffee latte or Lipton Iced Tea?	
13. Bertucci's Four Cheese Pizza or the Classic Pizza with zucchini, roasted eggplant and broccoli.	
14. Ketchup or mayonnaise?	
15. Cheese Ravioli (cheese filled ravioli in plum tomato sauce with fresh basil and Romano cheese) or Pasta Puttanesca (al dente trenette pasta tossed with spicy tomato sauce, garlic, capers and roasted black olives)	
16. Baked apple or applesauce?	
17. Chocolate mousse or chocolate pudding?	
18. Hawaiian Punch or apple juice?	
19. Candied or baked sweet potatoes?	
20. Salmon or flounder?	

Check Your

Check Your Physical Activity & Heart Disease I.Q.

Prepared by the National Heart, Lung, and Blood Institute;
NATIONAL INSTITUTES OF HEALTH



Test how much you know about how physical activity affects your heart. Mark each statement true or false. See how you did by checking the answers on the back of this sheet.

1. Regular physical activity can reduce your chances of getting heart disease. IF
2. Most people get enough physical activity from their normal daily routine. IF
3. You don't have to train like a marathon runner to become more physically fit. IF
4. Exercise programs do not require a lot of time to be very effective. IF
5. People who need to lose some weight are the only ones who will benefit from regular physical activity. IF
6. All exercises give you the same benefits. IF
7. The older you are, the less active you need to be. IF
8. It doesn't take a lot of money or expensive equipment to become physically fit. IF
9. There are many risks and injuries that can occur with exercise. IF
10. You should consult a doctor before starting a physical activity program. IF
11. People who have had a heart attack should not start any physical activity program. IF
12. To help stay physically active, include a variety of activities. IF

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Answers to the Check Your Physical Activity and Heart Disease I.Q. Quiz

1. True. Heart disease is almost twice as likely to develop in inactive people. Being physically inactive is a risk factor for heart disease along with cigarette smoking, high blood pressure, high blood cholesterol, and being overweight. The more risk factors you have, the greater your chance for heart disease. Regular physical activity (even mild to moderate exercise) can reduce this risk.
2. False. Most Americans are very busy but not very active. Every American adult should make a habit of getting 30 minutes of low to moderate levels of physical activity daily. This includes walking, gardening, and walking up stairs. If you are inactive now, begin by doing a few minutes of activity each day. If you only do some activity every once in a while, try to work something into your routine everyday.
3. True. Low- to moderate-intensity activities, such as pleasure walking, stair climbing, yardwork, housework, dancing, and home exercises can have both short- and long-term benefits. If you are inactive, the key is to get started. One great way is to take a walk for 10 to 15 minutes during your lunch break, or take your dog for a walk every day. At least 30 minutes of physical activity everyday can help improve your heart health.
4. True. It takes only a few minutes a day to become more physically active. If you don't have 30 minutes in your schedule for an exercise break, try to find two 15-minute periods or even three 10-minute periods. These exercise breaks will soon become a habit you can't live without.
5. False. People who are physically active experience many positive benefits. Regular physical activity gives you more energy, reduces stress, and helps you to sleep better. It helps to lower high blood pressure and improves blood cholesterol levels. Physical activity helps to tone your muscles, burns off calories to help you lose extra pounds or stay at your desirable weight, and helps control your appetite. It can also increase muscle strength, help your heart and lungs work more efficiently, and let you enjoy your life more fully.
6. False. Low-intensity activities--if performed daily--can have some long-term health benefits and can lower your risk of heart disease. Regular, brisk, and sustained exercise for at least 30 minutes, three to four times a week, such as brisk walking, jogging, or swimming, is necessary to improve the efficiency of your heart and lungs and burn off extra calories. These activities are called aerobic--meaning the body uses oxygen to produce the energy needed for the activity. Other activities, depending on the type, may give you other benefits such as increased flexibility or muscle strength.
7. False. Although we tend to become less active with age, physical activity is still important. In fact, regular physical activity in older persons increases their capacity to do everyday activities. In general, middle-aged and older people benefit from regular physical activity just as young people do. What is important, at any age, is tailoring the activity program to your own fitness level.
8. True. Many activities require little or no equipment. For example, brisk walking only requires a comfortable pair of walking shoes. Many communities offer free or inexpensive recreation facilities and physical activity classes. Check your shopping malls, as many of them are open early and late for people who do not wish to walk

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alone, in the dark, or in bad weather.

9. False. The most common risk in exercising is injury to the muscles and joints. Such injuries are usually caused by exercising too hard for too long, particularly if a person has been inactive. To avoid injuries, try to build up your level of activity gradually, listen to your body for warning pains, be aware of possible signs of heart problems (such as pain or pressure in the left or mid-chest area, left neck, shoulder, or arm during or just after exercising, or sudden light-headedness, cold sweat, pallor, or fainting), and be prepared for special weather conditions.
10. True. You should ask your doctor before you start (or greatly increase) your physical activity **if** you have a medical condition such as high blood pressure, have pains or pressure in the chest and shoulder, feel dizzy or faint, get breathless after mild exertion, are middle-aged or older and have not been physically active, or plan a vigorous activity program. If none of these apply, start slow and get moving.
11. False. Regular, physical activity can help reduce your risk of having another heart attack. People who include regular physical activity in their lives after a heart attack improve their chances of survival and can improve how they feel and look. If you have had a heart attack, consult your doctor to be sure you are following a safe and effective exercise program that will help prevent heart pain and further damage from overexertion.
12. True. Pick several different activities that you like doing. You will be more likely to stay with it. Plan short-term and long-term goals. Keep a record of your progress, and check it regularly to see the progress you have made. Get your family and friends to join in. They can help keep you going.

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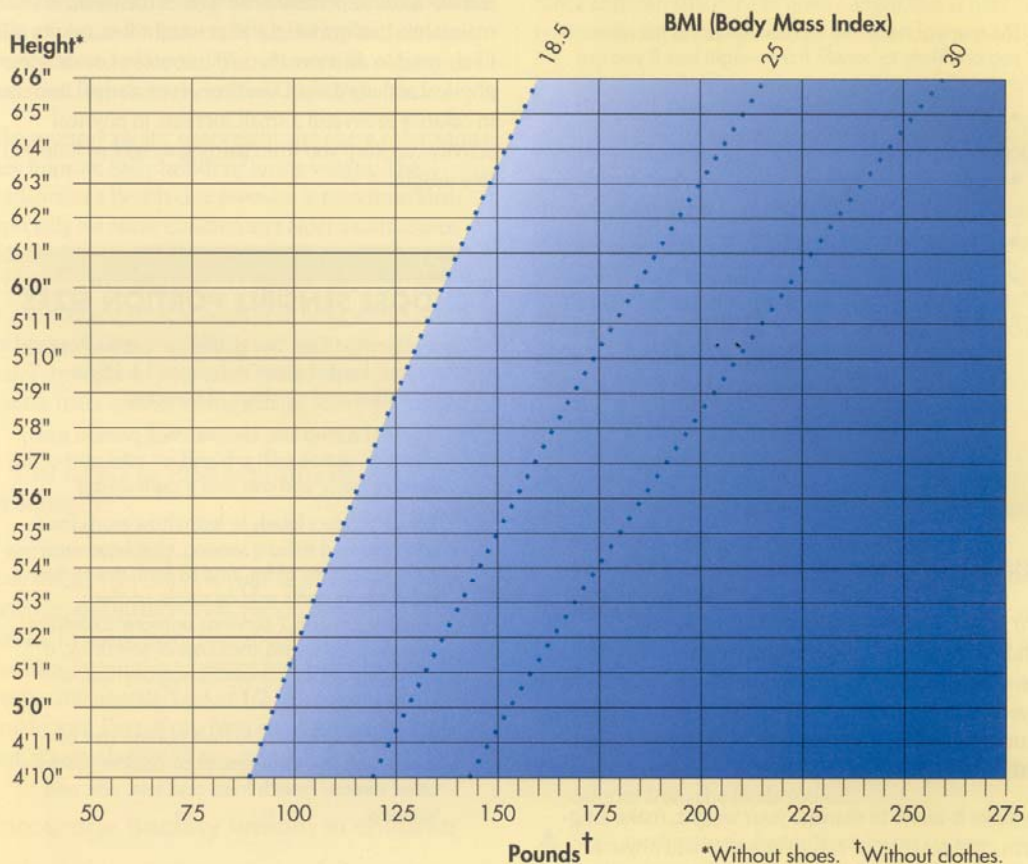
BODY MASS INDEX CHART																	
Height (inches)	Body Weight (pounds)																
	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
58	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
59	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
60	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179
61	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
62	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
63	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
64	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
65	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
66	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
67	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
68	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
69	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
70	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
71	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
72	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
73	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
74	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
75	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
76	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287

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Aim for Fitness

Figure 1

ARE YOU AT A HEALTHY WEIGHT?



BMI measures weight in relation to height. The BMI ranges shown above are for adults. They are not exact ranges of healthy and unhealthy weights. However, they show that health risk increases at higher levels of overweight and obesity. Even within the healthy BMI range, weight gains can carry health risks for adults.

Directions: Find your weight on the bottom of the graph. Go straight up from that point until you come to the line that matches your height. Then look to find your weight group.

- Healthy Weight** BMI from 18.5 up to 25 refers to healthy weight.
- Overweight** BMI from 25 up to 30 refers to overweight.
- Obese** BMI 30 or higher refers to obesity. Obese persons are also overweight.

Source: Report of the Dietary Guidelines Advisory Committee on the Dietary Guidelines for Americans, 2000, page 3.

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GETTING PHYSICAL CHECK-UP*

Staying active is important for keeping you healthy now----and later. Here's a check-up to see how active you are. Just place a "check" in the box that best describes what you usually do.

	YES	NO
1. I walk up and down stairs every day.	_____	_____
2. I walk three or more times a week.	_____	_____
3. I do chores like sweeping, yard work, and walking the dog.	_____	_____
4. I play fun sports like golf, tennis or other sports once a week.	_____	_____
5. I get regular aerobic exercise, like biking, swimming, dancing, or walking most days of the week, or I work out at a gym or at home.	_____	_____

HOW DID YOU DO?

Count the number of "checks" in the "YES" boxes:

_____ If you answered yes to four or five questions, CONGRATULATIONS! You passed your physical check-up with flying colors. KEEP UP THE GOOD WORK!

_____ If you answered yes to three of them, you're almost there. Find new ways to add activity throughout each week. Then try this check-up again later. GOOD LUCK!

_____ If you answered yes to one or two of the questions, you have a way to go. Find ways to boost your activity level each day. Then try this check-up again later. GOOD LUCK!

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Examples of Physical Activities for Adults

For at least 30 minutes most days of the week, preferably daily, do any one of the activities listed below - or combine activities. Look for additional opportunities among other activities that you enjoy.

As part of your routine activities: <ul style="list-style-type: none">• Walk, wheel, or bike ride more, drive less.• Walk up stairs instead of taking an elevator.• Get off the bus a few stops early and walk or wheel the remaining distance.• Mow the lawn with a push mower.• Rake leaves.• Garden.• Push a stroller.• Clean the house.• Do exercises or pedal a stationary bike while watching television.• Play actively with children.• Take a brisk 10 minute walk or wheel in the morning, at lunch, and after dinner.	As part of your exercise or recreational routine: <ul style="list-style-type: none">• Walk, wheel, or jog.• Bicycle or use an arm pedal bicycle.• Swim or do water aerobics.• Play racket or wheelchair sports.• Golf (pull cart or carry clubs).• Canoe.• Cross-country ski.• Play basketball.• Dance.• Take part in an exercise program at work, home, school, or gym.
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Guide to Physical Activity

An increase in physical activity is an important part of your weight management program. Most weight loss occurs because of decreased caloric intake. Sustained physical activity is most helpful in the prevention of weight regain. In addition, exercise has a benefit of reducing risks of cardiovascular disease and diabetes, beyond that produced by weight reduction alone. Start exercising slowly, and gradually increase the intensity. Trying too hard at first can lead to injury.

Examples of moderate amounts of physical activity

Common Chores

Washing and waxing a car for 45-60 minutes

Washing windows or floors for 45-60 minutes

Gardening for 30-45 minutes

Wheeling self in wheelchair 30-40 minutes

Pushing a stroller 1 1/2 miles in 30 minutes

Raking leaves for 30 minutes

Walking 2 miles in 30 minutes (15min/mile)

Shoveling snow for 15 minutes

Stairwalking for 15 minutes

Sporting Activities

Playing volleyball for 45-60 minutes

Playing touch football for 45 minutes

Walking 1 3/4 miles in 35 minute (20min/mile)

Basketball (shooting baskets) 30 minutes

Bicycling 5 miles in 30 minutes

Dancing fast (social) for 30 minutes

Water aerobics for 30 minutes

Swimming Laps for 20 minutes

Basketball (playing game) for 15-20 minutes

Bicycling 4 miles in 15 minutes

Jumping rope for 15 minutes

Running 1 1/2 miles in 15 min. (10min/mile)

Your exercise can be done all at one time, or intermittently over the day. Initial activities may be walking or swimming at a slow pace. You can start out by walking 30 minutes for three days a week and can build to 45 minutes of more intense walking, at least five days a week. With this regimen, you can burn 100 to 200 calories more per day. All adults should set a long-term goal to accumulate at least 30 minutes or more of moderate-intensity physical activity on most, and preferably all, days of the week. This regimen can be adapted to other forms of physical activity, but walking is particularly attractive because of its safety and accessibility. Also, try to increase "every day" activity such as taking the stairs instead of the elevator. Reducing sedentary time is a good strategy to increase activity by undertaking frequent, less strenuous activities. With time, you may be able to engage in more strenuous activities. Competitive sports, such as tennis and volleyball, can provide an enjoyable form of exercise for many, but care must be taken to avoid injury.

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Action Planning

Session 1: Let the DG's Be Your Guide

List some ideas presented today that you would like to implement.	
Decide on one thing you are going to do to implement what you learned today.	
What do you need to do to put this into practice?	
Whose assistance do you need?	
What resources are required?	
When will you begin implementation?	
When will you complete implementation?	
How will you evaluate success?	

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